

Airmen join search for local missing toddler

Airman 1st Class Boto Best
Public Affairs

More than 75 base volunteers helped law enforcement, search and rescue, and fire department personnel “walk the grid” of a one by two mile wooded area near the home of a missing boy Monday near Starkville, Miss.

Three-year-old Cody Gray was reported missing around 3 p.m. Sunday afternoon from his home on Gray Road west of Starkville.

“The Oktibbeha County Sheriff’s Department contacted us around midnight Monday to ask for night-vision equipment,” said 2nd Lt. Timothy Gorske, 14th Security Forces Squadron flight resource and training commander. “So I went out there at about 1 a.m. with the equipment and taught them how to use it.”

Lieutenant Gorske also offered to send volunteers, which the Sheriff’s Department accepted.

At the wing stand-up meeting Monday morning, Capt. Shannon Smith, 14th SFS commander, made the announcement that volunteers were needed to help find the missing boy. Commanders and representatives at the meeting took the information back to their squadrons.

“I heard about it at the transition office this morning,” said 2nd Lt. Alejandro Mendoza, 14th Operations Support Squadron. “I wanted to help out. This has to be a nightmare for the boy’s family.”

By 9:30 a.m., more than 75 people had volunteered. Master Sgt. Tim Abbey, 14th SFS NCO in charge of pass and registration, led the base team in the search effort.

“Everyone did an awesome job,” he said. “No one complained. We searched in the rain through thick briars where you couldn’t see five feet in front of you. But everyone gave 100 percent, and no one got lost.”

In a follow up conversation with the Sherriff’s Department Monday afternoon, security forces personnel learned that the boy had been found. Footprints and dogs led law enforcement personnel to the boy, who was about a mile and a half from his home. Officials said he was in good condition.

“The base volunteers were a tremendous help to us in this effort,” said Tommy Whitfield, assistant supervisor at the Sheriff’s office. “They provided valuable manpower, as well as night-vision and heat-sensing equipment. We don’t know what we would have done without them.”



Kenn Brown

Warm welcome

Mississippi Governor Haley Barbour and 14th Flying Training Wing commander Stephen Wilson walk to base operations after the governor’s arrival. The governor visited Columbus AFB to welcome the Colonel Wilson to Mississippi and received a driving tour of the base and a wing mission brief.

Commander sets vision, pace

1st Lt. Joseph Coslett
Public Affairs

The new 14th Flying Training Wing commander articulated his vision and goals for the BLAZE team March 26 at the base theater during commander’s call.

Col. Stephen Wilson says he is still in shock to be the commander of the BLAZE team “I pinch myself every morning to see if it is real.”

He isn’t new to the pilot training business. He was a T-38 first assignment instructor pilot, flying more than 1,500 hours at Laughlin AFB, Texas,

and has more than 2,100 in the B-1 bomber holding jobs as an instructor pilot, flight commander, operations officer and commander of the B-1 division of the U.S. Air Force Weapons School. Columbus has people of the highest caliber, he said. “In this room are the best and the brightest Airmen in America.”

The colonel’s vision is summed up in two words, “Developing Airmen.” That means providing the world’s best training, education and professional development to every Airman. This will complete the CAFB mission, which is “To build the world’s best warriors,

leaders and professional military pilots.”

Colonel Wilson added a familiar word “TEAM,” after the famous Columbus AFB motto BLAZE. TEAM stands for Total focus on excellence, Energy and enthusiasm, Attitude and Mission.

“We’re a team. If you are saying ‘I, I, I,’ you are wrong, replace ‘I’ with ‘we’. For example, without maintenance fixing aircraft and logisticians getting supplies, and medical folks keeping every-one healthy the mission would fail.”

See COMMANDER, Page 2

2 Silver Wings
April 2, 2004

NEWS

Environmentalists shock SAC Lake, surface fish

Tech. Sgt. Jim Moser
Public Affairs

The 14th Civil Engineer Squadron’s Environmental Flight took to the waters of SAC Lake Tuesday to do some fishing — electric fishing that is.

A team from the flight along with Larry Clay, U.S. Forest Service lake management specialist, armed with nets and an 18-foot motorized “electric” boat sampled the water to determine species and sizes of fish inhabiting the lake.

The boat uses a strong electric current to stun the fish around it. The fish then float to the surface where they are netted and placed in a holding tank on the boat. They are identified by species, weighed, measured and then returned to the lake unharmed.

The environmental flight hopes to use the information to learn more about the lake’s ecosystem.

“This data will enable us to determine what we need to do to get better fish to remain in the lake and get unwanted fish out,” said Sarah Fafinski, environmental flight’s natural resources manager. “The environmental flight is always looking for

ways to improve SAC Lake.”

One of the research goals is to improve the local anglers’ odds at the lake.

“The lake is restocked once a year. However, we wanted to see if there was a better way to improve the lake,” Ms. Fafinski said. “We have an agreement with the Tombigbee Forest Service which helps us to take care of forests. However, they do more than just that.”

Larry Clay is a lake management specialist helping with the effort.

The lake has a good mix of fish and this suggests a good ecosystem, Mr. Clay said.

He also pointed out that he would not hesitate to fish in SAC Lake himself.

Another strange fish tale surfaced during the outing.

“The last time we stocked the lake it was with catfish, but we did not find any today,” Ms. Fafinski said. “Larry told us that catfish are notorious for leaving when it rains, and fish find ways to other lakes and streams when water rises.”

The environmental flight is considering building a sand wall around the lake to keep the fish from escaping.

Fishing at SAC Lake is limited to active



Tech. Sgt. Jim Moser

Larry Clay, lake management specialist, holds a large-mouth bass at SAC Lake.

duty and retired military and their dependents, and government service employees. One guest per person is allowed, but guests must possess a valid Mississippi fishing license and pay the \$5 base fishing fee. Fishermen 16 years or older are required to

obtain a Mississippi fishing license, and a licensed fisher must accompany persons under the age of 16 who want to fish on base.

For more information, call the environmental flight at Ext. 7958.

COMMANDER (Continued from Page 1)

Colonel Wilson said he likes: Talking face-to-face whenever possible, positive attitudes, people who think out of the box -initiative and innovation, and finding solutions to problems.

He said he doesn’t like: People who say ‘We can’t ... no ... we always do it this way,’ people who bring down an organization and don’t make the most of their assignment. Hiding bad news — it doesn’t improve with age, and “I can’t help you if I don’t know about it.”

Lastly he stressed the importance of three things. “Total integrity in all we do; loyalty — which doesn’t mean we will always agree, but it does mean that you will tell me when we don’t and zero tolerance for any type of harassment or discrimination.”

On a final note, Colonel Wilson said he was impressed with the spirit, sacrifice, and hard work of the BLAZE TEAM. “I’m your wingman and you are mine ... let’s make this the best BLAZE TEAM ever!”



Elizabeth Davis

Ready to lead

Airman Leadership School class 04-3 poses for a photo. The class graduated Thursday at the Columbus Club. Pictured are (from left to right, back row first): Senior Airmen Michael Eley, 41st Flying Training Squadron; Marc Flores, 14th Operations Support Squadron; Carl Densford, 14th OSS; Steven Johnson 14th Security Forces Squadron; William Kline, 14th Civil Engineering Squadron; Brandon Burden, 14th Medical Operations Squadron; Jason Stone, 14th OSS; Jonathan McQuaig, 14th MDOS; Jin O, 14th Medical Support Squadron; Staff Sgt. Jeremy Miller, 14th CES; Senior Airmen Kerri Clapsaddle, 14th MDOS; John Jackson, 14th OSS; Aisha Thompson, 14th OSS; Amy Hauser, 14th MSS, and Adam Parnell, 41st FTS.



Want to
quit
smoking?

For information about smoking cessation classes, call the health and wellness center at Ext. 2236.

Columbus NCO wins honor guard manager for 2003

Travels to Randolph AFB to receive award, meet with AF chief master sergeants, compete at AETC level

Airman Cecilia Rodriguez
Public Affairs

A Columbus AFB NCO will compete for Air Education and Training Command Honor Guard Program Manager of the Year at Randolph AFB, Texas, April 8.

Tech. Sgt. Jody Edwards, honor guard NCO in charge, learned he had been awarded Honor Guard Program Manager of the Year by the 19th Air Force from Col. Jim Davis, former 14th Mission Support Squadron commander, March 11.

“A lot of achievements I was recognized for came as results of the honor guard team’s hard work,” Sergeant Edwards said. “I’m just lucky enough to work with such a great group of people.”

Sergeant Edwards has been on the Columbus AFB honor

guard team since September 2002, and he was appointed NCOIC of the team in January 2003.

Among his many achievements, he has led the base honor guard team in executing more than 30 funeral ceremonies covering 40,000 square miles and 72 county areas in three states.

Sergeant Edwards drafted and conducted a six-hour course in honor guard procedures for Airman Leadership School attendants, leading five students with no experience to expertly render the colors and perform a Prisoners of War and Missing In Action ceremony.

He initiated an honor guard funeral demonstration for the Columbus AFB First Term Airmen’s Center, which intro-

duced 146 FTAC students to the honor guard mission and resulted in 20 of 38 members joining the team. Sergeant Edwards was also awarded the Air Force Achievement Medal for his service with the honor guard team.

On Sunday, he leaves for Randolph AFB, where he will spend a week receiving tours of the AETC headquarters base and get the chance to meet former chief master sergeants of the Air Force. He will receive his 19th Air Force award from Maj. Gen. James Sandstrom, 19th Air Force commander, at a breakfast the morning of April 8. Later that evening, he will attend the AETC Outstanding Airmen of the Year Banquet to compete in the honor guard program manager of the year category.

“Sergeant Edwards does anything he can to help out the honor guard team,” said Senior Airman Joshua Causey, base honor guard team member. “He leads by example and is a great role model for younger enlisted members.”



Tech. Sgt. Jody Edwards

NEWS BRIEFS

Daylight savings time

BLAZE Team members are reminded to set their clocks one hour ahead at 2 a.m. Sunday in keeping with daylight savings time.

Alcohol screening day

The 14th Medical Group is hosting an Alcohol Screening Day from 7:30 a.m. to 10 a.m. in the clinic’s lobby and from 10 a.m. to 1 p.m. Thursday at the exchange. Questionnaires, educational material, a video and one-on-one talks with a health professional will be available.

Referral resources for local treatment facilities and support services will also be provided to those who seek further assistance. For more information, call the life skills support center at Ext. 2239.

Bowling center closure

The bowling center will be closed April 12 to April 15 for refurbishing. Hamburgers and hot dogs will be served outside on the grill from 11 a.m. to 1 p.m. for lunch. For more information, call Ext. 2426.

Teen 4-H Adventure Camp

The youth center is accepting applications for ages 14 to 18 to attend the all-expense-paid Teen 4-H Adventure Camp held at the University of Arkansas Cooperative Extension 4-H Conference Center in Little Rock, Ark., June 27 to July 23. The application deadline is April 6. The Air Education and Training Command will then select two Columbus AFB teens to attend the event. For more information, call Ext. 2504.

New phone books

New 2004-2005 phone books are available at the family support center lobby. For more information, call Ext. 2790.



Airman 1st Class Boto Best

Happy Birthday wishes

Columbus AFB legend, George “Happy” Irby, receives birthday greetings from Col. Stephen Wilson, new 14th Flying Training Wing commander. Supporters from the base and downtown Columbus community attended the event. The Happy Fund donates school supplies and food baskets to the less fortunate during Christmas.

Have fun, be safe when returning outdoors

Lt. Col. John Parks
14th Medical Support Squadron



It’s that time of the year for heightened outdoor activities and even greater awareness for safety.

Mississippi’s cool and damp winter has been replaced by almost perfect weather, at least for the next month or two. So whether your interests are in the garden, lawn, recreation water sports, biking, on the trails or on the roads, enjoy the season. But ensure safety remains paramount.

Yes, you can have fun and be safe. You do it at work. You need to do it in play as well.

First, know your body and fitness level. More injuries occur when muscles and other body parts that have been dormant all winter are over exerted. I learned the hard way by going all out on the first day like it was mid-season and pulling a muscle. If you are

really rusty, or have a history of health problems, it’s best that you first get checked out by your medical provider.

I also suggest that you seek exercise advice from the knowledgeable and friendly folks at the health and wellness center or fitness center. The gym and track are being used more than ever before, and I am observing higher levels of camaraderie and esprit de corps throughout the base.

So I am hoping that this year, before the first run around the bases, or first water slalom skiing run, or hike through the countryside, you will take steps that will help you perform better during the activity, and pay for it less afterward.

Secondly, take extra time to ensure you have all the right equipment for your activity. Check it thoroughly. If it is not in good working order, replace it. If that is not possible, choose a different activity. Refrain from high-risk activities. If you must go white-water rafting or motorcycle touring, ensure you have the proper equipment and that you are with experienced people.

Also, remember to inform your supervisor of any

high-risk activities you plan to participate in. Your supervisor will ensure you are appropriately briefed and help put you in the right frame of mind that will let you have fun and return safely to both family and mission.

Lastly, watch out for each other. Always try to experience and enjoy the activity with a friend or family member — not just for the socializing and sharing of memories, but for added safety.

Unfortunately, no matter how prepared you may be, accidents still occur. Having someone with you increases the likelihood for quick and appropriate assistance, and medical care, if necessary.

So gather with family, friends and neighbors and engage in your favorite activities, as well as some good old fashion fun this spring and into the summer. No matter the activity, do it well, and to the fullest, but be prepared and be safe.

That old adage, “Work hard, play hard,” says it best. It is in that same spirit that the 14th Flying Training Wing stands out as the best in producing the world’s finest pilots and greatest warriors. BLAZE on!

STRAIGHT TALK LINE

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. Although the Straight Talk Line is always available, the best way to resolve problems is through the chain of command.

The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Messages are answered in the Silver Wings without names.

Written questions may also be brought to the public affairs office in the wing headquarters building, Bldg. 724.

People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main website at www.columbus.af.mil.

Questions and answers will be edited for brevity.

Suggestions for avoiding long lines at base movie theater

Question: A friend and I saw “Haunted Mansion” recently here on base with our families. While we were there, we had to wait in line for a while and missed the first 15 minutes of the movie. We discussed the idea of the base theater making their tickets available on-line through the Columbus Web site. Purchases could be made via credit, debit or even the services club card. Customers would just print the tickets and enjoy. This way, people coming to watch the movie could avoid the long line.

Answer: Thanks for the great idea to improve our base theater. Army and Air Force Exchange Service has made some

impressive sound and projector improvements already, and as we bring in more popular movies, the theater has seen an increase in patronage. As a short-term resolution, AAFES is adding more staff to handle the crowds at those popular movie showings. With increased patronage, AAFES also has plans to make these kinds of advance ticket sales available in the future ... stand by for more details. So bring a friend, enjoy a good movie and thanks for helping make our AAFES theater a first-class experience.

*Col. Stephen Wilson
14th Flying Training Wing Commander*

SILVER WINGS

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724, Columbus AFB, Miss., phone 434-7069, or e-mailed to silverwings@columbus.af.mil by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

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Chief, Public Affairs

Lt. Col. Rick Johnson

Editors

Airman 1st Class Boto Best

Airman Cecilia Rodriguez

Key phone numbers

Base Exchange.....	434-6013
Chaplain.....	434-2500
Civil Engineer Service Desk.....	434-2856
Civilian Personnel.....	434-2635
Clinic:	
Family Practice.....	434-2172
Appointment Desk.....	434-2273
After Hours Care.....	434-2273
Columbus Club.....	434-2489
Commissary.....	434-7106
Finance.....	434-2706
Housing Maintenance.....	434-7370
Inspector General.....	434-2927
Legal Office.....	434-7030
Military Equal Opportunity.....	434-2546
Security Forces.....	434-7129
Shoppette.....	434-6026

Airman with capital ‘A’ emphasizes AF’s role

Gen. John P. Jumper
Air Force chief of staff



I am an Airman.
Note that’s with a capital “A.” It’s just one letter at the beginning of the word, but it signifies a great deal. The reason it is capitalized is simple: Airmen in the United States Air Force are the heart and soul of our unique fighting force and should be identified by a proper noun.
When we began to read as young children, we

learned a capital letter at the front of a word signified something special or important — like our own name, our hometown or our country. And this was reinforced through our education and professional life. When we see a capital letter, our minds automatically emphasize that word, and we bestow an increased importance on that person, place or thing. It is time to formally add our profession to that list of important and special nouns.

You may have seen or heard something about my guidance to capitalize the word “Airman.” It is appropriate to do so in recognition of our rich history and to emphasize our unparalleled role in the defense of America.

Our Air Force is the finest air and space force in the

world because of the generations of professional Airmen that have devoted their lives to dominating the skies. Capitalizing the word “Airman” recognizes their historic achievements and signifies our unique contributions to fighting and winning America’s wars. It shows we’ve earned the respect a proper name imparts.

For 38 years of my life, I’ve been proud to wear the uniform of the United States Air Force. And, whether you’ve worn it as long as I have or just recently joined our team, I know we all feel the same sense of pride. Regardless of the uniform we wear, the specialty we hold, the badge over our pocket or whether we are active duty, guard, reserve, or civilian, first and foremost, we are Airmen.

Unsolicited commercial e-mail can be illegal, not just annoying

Capt. Reshawna Banks
81st Training Wing

KEESLER AFB, Miss. — As more people use e-mail, marketers are increasingly using e-mail messages to pitch their products and services.

Some consumers find unsolicited commercial e-mail, known as “spam,” annoying and time consuming, while others have lost money to bogus offers that arrived in their inbox.

Typically, an e-mail spammer buys a list of e-mail addresses from a list broker, who compiles it by “harvesting” addresses from the Internet.

If your e-mail address appears in a newsgroup posting, on a Web site, in a chat room or in an online service’s membership directory, it may find its way onto these lists. The marketer then uses special software that can send hundreds of thousands of messages to the addresses at the click of a mouse.

The Federal Trade Commission suggests you treat commercial e-mail solicitations the same way you treat unsolicited telemarketing sales calls.

Don’t believe promises from strangers, and greet money-making opportunities with skepticism. Typically, they’re old-fashioned scams delivered via the newest technology.

One Web-based scam targeting college-bound students and their parents claimed that for \$895 they could procure 100-percent college funding. Instead, they procured readily available free scholarship information.

Another claimed consumers who paid a one-time fee of \$49.95 were guaranteed to receive a 100-percent unsecured Visa or MasterCard with a credit limit up to \$5,000. Instead, consumers received access to a Web page containing hyperlinks to various companies who might issue credit cards, a list that would have been available for free using a search engine.

Some other “spam scams” include:
— Chain letters, which are illegal and will never make you rich. You’ll receive little or no money back on your “investment.”

— Work-at-home schemes, which may require you to work many hours without pay, along with undisclosed costs for

newspaper ads, photocopies, envelopes, paper, stamps, other supplies and equipment or tutorial software.

— Weight-loss claims involving programs or products that promote easy or effortless long-term weight-loss plans that don’t work. Taking off weight and keeping it off requires exercise and permanent dietary changes.

— Credit repair offers. There’s no legal way to erase accurate negative information from your credit report.

— Advance fee loan scams. Legitimate banks don’t issue credit cards without checking your credit first.

— Adult entertainment sites that offer “free” content that doesn’t require a credit card number for access if you download a “viewer” or “dialer” program, but the program may disconnect your Internet connection and substitute an international long distance phone number at rates between \$2 and \$7 a minute.

When spam appears in your inbox, you should report it to the Federal Trade Commission, as well as removal requests that aren’t honored, removal links that don’t work or whenever you’re unable to

unsubscribe from a list. You should also complain to your Internet service provider and the sender’s ISP.

Here are some tips on how to reduce spam:

— Try not to display your e-mail address in news groups, chat rooms, Web sites and membership directories.

— Check privacy policies when submitting your address to Web sites to see if companies are allowed to sell addresses and if there are opportunities to opt out.

— Understand forms before transmitting personal information through a Web site.


— Uncheck the pre-selected boxes to avoid receiving e-mail from “partners.”

— Use two e-mail addresses: one for personal messages and one for newsgroups and chat rooms or a disposable e-mail address that forwards to your permanent account.


— Use a unique e-mail address to ward off “dictionary attacks.”

— Use an e-mail filter.

(Editor’s note: For more information about spam control, call the Network Control Center at Ext. 2622.)



Many people are unaware of the opportunity to walk, run, bike or horseback ride along Columbus AFB’s Timberlane Nature Trail. Along the trail, various wetlands, trees and countless wildlife can be found. To reach the recreational area, follow Independence Ave. to the runway area. Signs found alongside the dirt road toward SAC Lake offer direction to the beginning of the trails. For more information, call Sarah Fafinski at Ext. 7958.



Cutting up, carrying on at Franklin Academy: Airmen help prepare school’s playground for Spring carnival



Photos by Airman 1st Class Boto Best
Jalen Robinson, 7, takes a broom to whatever looks out of place.



Sam Yarborough, 3, carries sticks off the playground.

Airman 1st Class Boto Best
Public Affairs

Armed with rakes, shovels and clippers, men, women, boys and girls, dressed in shorts, T-shirts and working gloves, tackled the task of cleaning up Franklin Academy’s playground at 9 a.m. sharp Saturday morning.

They raked scattered mulch back into place, clipped overhanging branches along the school’s fence line, and disposed of dead leaves and branches in garbage bags.

Every year, Franklin Academy’s Parent and Teacher Association organizes the Spring cleanup to get the school’s playground ready for its annual Spring carnival and the Columbus Pilgrimage.

“Usually, the clean up crew is made up of mostly PTA members and their children,” said Veronica Hackler, PTA treasurer. “But this year, I decided to call my husband’s first shirt and ask him to mention it around the [security forces] squadron so

that we could round up a few volunteers from the base.”

About 20 people showed up at Franklin Academy Saturday morning to help with the cleanup. Half of them were base volunteers from several different squadrons.

“This is even more than we expected,” Ms. Hackler said, delighted.

By 11 a.m., the playground was manicured.

“It was great that people were willing to give their time to the local community on their day off,” said Leigh Yarborough, PTA president. “Some of them don’t even have children who go here.”

The Airmen had their reasons for helping with the effort.

“Our commanders are always stressing the importance of positive relations with the community,” said Airman 1st Class Jay Butler, 14th Civil Engineering Squadron. “As firemen, it’s what we do anyway. It was a good thing to do.”



Tech. Sgt. Mark Olson, 14th Security Forces Squadron, gets rid of a dead tree branch that was hanging over the merry-go-round.



Michelle Robinson, Franklin Academy parent, clips overhanging branches along the playground’s fence line.



Marissa Hackler, 11, shovels dead leaves into a garbage bag.



Master Sgt. Robert Rogers, 43rd Flying Training Squadron, rakes and smoothes out mulch onto the playground.

AT THE CHAPEL**Catholic****Sunday activities:**

9:15 a.m. — Mass

(Father Hurley)

10:30 a.m. — CCD

5 p.m. — Confessions

5:30 p.m. — SUPT Mass

(Father Vollar)

Thursday:

7 p.m. — Holy Thursday Mass

April 9:

Noon — Good Friday service

Protestant**Sunday activities:**

9 a.m. — Sunday school

10:45 a.m. — Traditional worship

1 p.m. — Contemporary worship

Tuesday

Noon — Lunch and Bible study

Wednesday

5:30 p.m. — Dinner and Bible study

7 p.m. — Choir rehearsal

For Islamic, Jewish, Orthodox or other services, call the chapel at Ext. 2500.

AT THE MOVIES

All movies are shown at 7 p.m., unless otherwise noted, at the theater.

Today

"50 First Dates" (PG-13, crude sexual humor and drug references, 96 min.)

Starring: Adam Sandler and Drew Barrymore.

Saturday

"Welcome to Moosesport" (PG-13, some brief sexual comments and nudity, 115 min.)

Starring: Gene Hackman and Ray Romano.

For more information about movies, visit www.cafbgrapevine.com.

CHANNEL 64

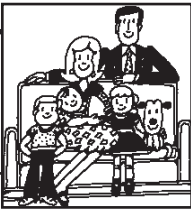
BLAZE 64 offers announcements for people living in base housing or the dormitories.

Call public affairs for more information at Ext. 7068.

Weekdays**9 a.m., noon and 2 p.m.***Air Force Television News***Monday through April 9****9:30 a.m., 12:30 p.m. and 2:30 p.m.**

College Level Examination Program Tapes:

Introduction to Management

FAMILY SUPPORT

(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information, call Ext. 2790.)

Letters for jobs: A class teaching people how to write cover letters, thank-you letters and other letters associated with jobs is at 10 a.m. April 7.

Time management: A class on how to better organize for efficiency and less stress is at 11 a.m. April 8.

Positive thinking videos: A video-based program on reducing stressors is from 11 a.m. to 12:30 p.m. April 14. It teaches ways to start the day off right and deal with negative situations and behaviors using positive self-talk and relaxation audios.

Hearts Apart social: A social gathering for families of deployed or remote personnel is April 15 at 5:30 p.m. Information, refreshments and prizes are provided.

Credit class: A class on how to establish and manage credit is at 11 a.m. April 20. It also discusses the advantages and disadvantages of credit cards.

Managing stress: A seminar on managing stress is at 1 p.m. April 21. It identifies current communication skills, teaches new skills and how to manage stress by proper communications.

Interpersonal communications: This seminar is at 3:15 p.m. April 21. It uses interactive role-play to identify and practice effective communication skills using assertive versus aggressive techniques.

Remote/deployment briefing: Military personnel going remote or being deployed must attend a mandatory briefing held daily at 9 a.m.

AFSA: The Air Force Aid Society is available to provide financial assistance in the event of sudden emergencies.

Calling cards: Free \$20 value calling cards, sponsored by the Air Force Aid Society, are offered to all personnel going on contingency tours of duty for 30 days or



2nd Lt. Ryan Dannemann

Rooftop Rembrandts

Second Lts. Keith Napolitano and Peter Fahrion, Specialized Undergraduate Pilot Training Class 04-09, help paint a mural of their class patch on the Ceco Building Systems rooftop off of Highway 45. Pilots often pass the landmark while flying.

longer. These must be issued to the military member.

BASE NOTES

Commissary family day: A commissary has a family day is from 10 a.m. to 2 p.m. Saturday. Activities include a Golden Easter Egg hunt, Marmee Rabbit telling the Peter Rabbit story, shopping sprees and an appearance by Mr. Kool Aid. There will be demonstrations and items on sale throughout the store. For more information, call Ext. 7106.

OSC social: The Columbus Officers' Spouses' Club holds its next social at the Columbus Club at 6:30 p.m. April 13, hosted by the spouses of the 14th Mission Support Group. Scholarships for the 2003-2004 school year will be awarded. The menu includes prime rib with roasted new potatoes. Cost is \$13.50 per person, and club members receive a \$2 discount. New members are welcome. For reservations, call 434-8723 or e-mail airtex60@yahoo.com by noon Tuesday.

Thrift shop closure: The thrift shop, located at Building 345 C Street, is open Tuesdays from 3:30 p.m. to 6:30 p.m. and Thursdays from 9 a.m. to 1 p.m. Spring and

summer items are now being accepted, and consignments are taken until one hour before closing. The shop will be closed Monday through April 9. Volunteers are welcome. For more information, call Ext. 2954.

Earth Day event: An Earth day event is from 9 a.m. to 1:30 p.m. April 16 at Freedom Park. More than 400 Columbus 3rd graders are expected to attend. Environmental professionals will set up learning stations to teach children how to care for the environment. For more information, call Ext. 7406.

Relay For Life: The 12-hour Lowndes County Relay For Life starts at 6 p.m. April 16 and ends at 6 a.m. April 17. Teams of eight to 15 people camp out and take turns walking around the Saunders Field on Highway 45 next to the Master Host Inn hotel in Columbus.

The Relay For Life is an event sponsored by the American Cancer Society to raise money for the fight against cancer. The goal is for each team to raise \$1,000 dollars, and there is no registration fee. For more information, call 1st Lt. Ariol Paz at Ext. 2666.

New Bible study: The video series "History of Christianity" is at 5:30 p.m. Wednesday at the chapel. The series is stimulates curiosity by exposing others to pivotal events and figures that have significantly affected Christian history. Dinner is provided. For more information, call Ext. 2500.

Variety of programs available to base families

Catfish buffet: The Columbus Club offers an all-you-can-eat catfish buffet from 11 a.m. to 1 p.m. today. Cost is \$5.95 for members and \$7.95 for nonmembers. Customers may still order off the a la carte menu. Call Ext. 2490.

Club card drawings: The Landing Lounge and enlisted lounge offer a club card drawing for cash every Friday night around 6:30 p.m. Cardholders must be present to win. Call Ext. 2490.

Youth center burger roast: The youth center offers this program from 5 p.m. to 6 p.m. today. Cost is 50 cents for members and \$1 for nonmembers. Call Ext. 2504.

Disc Jockey Big E: Today's theme at the Enlisted Lounge revolves around baseball. Hot dogs, popcorn and parched peanuts are served. Call Ext. 2490.

Youth center Spring Fling: The youth center's annual Spring fling is from 9 a.m. to 11:30 a.m. Saturday at Freedom Park. Activities include egg hunts, children's games, instructional class demonstrations and appearances by Sparky, McGruff and the Easter Bunny.

Egg hunt times are 9 a.m. for ages 1 to 2, 9:30 a.m. for ages 3 to 5, 11 a.m. for ages 6 to 8 and 11:30 a.m. for ages 9 to 11 and older. Children must bring their own Easter baskets. Call Ext. 2504.

All-ranks brunch: The Columbus Club offers brunch from 10:30 a.m. to 1:30 p.m. Sunday. Cost is \$8.95 for members and \$10.95 for nonmembers. Call Ext. 2489.

Midday bingo: The Columbus Club offers bingo at noon Mondays. Three games are played — two \$25 games and a \$500 progressive jackpot game with a \$50 consolation prize if the coverall game does not go in 52 numbers or less. Cost is \$1.50 for 3-on-one cards for the \$25 games and \$2 each for the jackpot game. Call Ext. 2490.

Spring break dance: The youth center offers this dance from 7 to 10 p.m. April 10. Cost is \$1 for members and \$2 for nonmembers. Those who bring guests receive half price admission. Call Ext. 2504.

Birmingham shopping trip: The information, ticket and travel office offers

a trip to the Riverchase Galleria Mall and Water Mark Outlet Mall in Birmingham, Ala., April 10. Cost is \$15 and includes transportation. The bus departs at 9 a.m. from the community center parking lot and returns at 6 p.m.

The next scheduled shopping trip is to Canton, Miss., Flea Market May 6. Cost is \$20 and includes transportation. Call Ext. 7861.

Air Force Space Camp: Applications for the Air Force Space Camp held at the U.S. Space and Rocket Center in Huntsville, Ala., are available at the youth center. Teens interested in fun, educational experiences in space science and aviation should apply.

The camp is divided into two age groups. Ages 12 to 14 participate in the Space Academy held Aug. 1 to Aug. 6, and ages 15 to 18 participate in the Advanced Space Academy held July 31 to Aug. 6. The deadline to submit an application for this camp is April 20.

This program is offered to family members of active-duty Air Force personnel assigned to or living on an Air Force base, Air Force retired military, civilian employees, guard and reserve members. Call Ext. 2504.

Family fun day: The information, ticket and travel office offers a family fun trip to Tuscaloosa, Ala., April 24 to visit the Children's Hands-on Museum and Chuck E. Cheese. Cost is \$20 per person and includes a ticket to the museum and transportation. The bus departs at 9 a.m. from the community center parking lot and returns at 4 p.m. Call Ext. 7861.

Easter brunch: The Columbus Club offers a special Easter brunch from 10:30 a.m. to 1:30 p.m. April 11. Cost is \$10.95 for members and \$12.95 for nonmembers. Call Ext. 2489.

Silver Star Casino trip: The information, ticket and travel office offers this trip April 16. Cost is \$15 per person and includes transportation and \$15 in coins. The bus leaves the community center parking lot at 5:30 p.m. For reservations Call Ext. 7861.

National Library Week poetry contest: The base library offers this annual contest April 18 to April 24. Poems' themes must relate to "Vote 4 Books, Elect 2 Read" and be a minimum of 30 words.

Contest categories are grades 1 to 3,

grades 4 to 6, grades 7 to 12 and adults. Registration starts April 18 and all entries must be received by 5 p.m. April 22. Entries will be displayed for public voting April 23 to Apr 25.

All entries must be typed or printed on an 8.5 x 11 inch sheet of white paper. Contestants may not write their names on their entries. Each entry will be assigned a number. One winner will be selected for each age category. Call Ext. 2934.

Beale Street Music Festival: Register early for this trip to Memphis, Tenn.,

May 1 and May 2. Cost is \$125 per person and includes transportation and two nights' lodging (double occupancy).

Tickets for the concerts are sold separately. The bus will leave the community center parking lot at 9 a.m. A \$50 deposit is required upon registering. Call Ext. 7861.

Drop-in care: The child development center offers drop-in care Monday through Friday from 6 a.m. to 6 p.m. Cost is \$3 per hour. For reservations, call Ext. 2479.



Pam Wickham

Putting along

Wendell Reed drains another one on the ninth hole at Whispering Pines Golf Course. The course is open seven days a week from 7 a.m. until dusk. Upcoming events include Thursday and Sunday afternoon scrambles, intramural golf, a ladies' lunchtime clinic, an Honorary Commanders' Golf Tournament and an Air Education and Training Command Golf 101 program. Call Ext. 7932.

Women’s group: The Columbus Lighthouse Aglow, a non-denominational religious women’s group, meets at 10:30 a.m. Saturday at the Columbus Public Library. The guest speaker is Sandra DePriest. For more information, call 327-2718.

MUW concert: The Mississippi University for Women’s MUWsic Fest is Saturday at the MUW campus. Gates open at 1 p.m. and the show starts at 2 p.m. Tickets are \$17.50 in advance and \$19.50 the day of the event. Tickets may be purchased at Be-Bop Record Shop in Starkville, Miss., Bryan

Records in Columbus and Ticket Alley in Tupelo, Miss. For more information, call 241-6974 or visit www.muw.edu/muwsicfest.

Air show: “Wings Over Meridian” takes place April 17 and April 18 at Meridian Naval Air Station, Miss. Gates open at 9 a.m. to the public, and admission is free. The show features the Navy’s Blue Angels, the Black Daggers of the U.S. Army Special Operations Command Parachute Demonstration Team, the Pitts Specials Formation Aerobatic Team, the Air Force’s Air Combat Command A-10 and P-51 Heritage

Flight, and more. For more information and directions, visit www.meridianairshow.com.

Mothers of Preschoolers: MOPS moms gather at Hope Community Church twice a month for encouragement and socialization. Meeting dates for this year are April 13, April 27 and May 11 from 9 to 11 a.m. Childcare is provided for children up to 6 years old. To make reservations, call Ext. 6862.

For more event listings, visit www.columbus-ms.org.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one): Home Transportation Miscellaneous Yard sales Pets

Print advertisement: _____

Name: _____

Home Telephone #: _____ Duty Telephone #: _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐

If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.

Wellness amidst chaos:
Exercise combats stress

During high-stress and fast-paced times in life, it is important to take the time to take care of oneself.

Exercise has been proven to be an excellent form of stress relief. Physiologically, when people are stressed, the body is tense, breath is shallow and the mind tightens.

During chaotic times, people also tend to either overeat or make unhealthy food choices such as excess caffeine, chips and candy. This results in blockage of energy flow as well as unwanted weight gain. When exercising, breath is deeper and more rhythmic, minds relax and energy flow is restored. People also tend to make healthier food choices and take better over-all care of themselves, thus restoring their wellness cycle.

So why is physical activity the first thing people skip when they are stressed? The reasons many

people use are the exact things that physical activity will help combat — they are too tired, depressed or busy.

So what is the best type of exercise to combat stress? It all depends on people and how they process stress. Some people enjoy a long bike ride or walk to calm them. Others enjoy the intensity of kickboxing or resistance training. Whatever activity it is that people enjoy is the activity that they should participate in when they are experiencing an increase in stress.

Six tips to feel fit from the inside out:

- ☐ Positive thinking boosts self-confidence.
- ☐ De-stress through deep breathing three to five times a day.
- ☐ Enhance wellness by getting regular sleep, physical activity and examinations with a primary care provider.

☐ Eat at least three meals a day, include a variety of food groups, and closely monitor your portion sizes to ensure healthy eating and prevention of weight gain.

☐ Enjoy the outdoors.

☐ Participate in regular flexibility and strengthening exercises.

It is important to remain active and stay healthy during chaotic times.

“Living healthy and well is a lifelong process, an attitude and a commitment to finding a balance in all aspects of your life,” said Master Sgt. Gilbert Shrieves, NCO in charge of the health and wellness center.

For more information about starting a fitness program, balancing nutrition or managing stress, call the health and wellness center at Ext. 2477. *(Courtesy of the Columbus AFB Health and Wellness Center)*



Airman Cecilia Rodriguez

Kick’n off soccer season

Gideon Bainbridge, 5, Jacob Canfield, 7, and Joshua Alvarado, 5, battle for the ball as Nicholas Iglesias, 5, looks on during a Columbus AFB youth soccer league game. The youth center is currently looking for volunteers to coach during the upcoming teeball season. For more information, call Ext. 2504.

SHORTS

Ladies’ beginners golf clinic

This four-week course begins Tuesday at 11:30 a.m. The first class covers the fundamentals of golf, week two covers irons, week three covers woods, and week four covers chipping and putting. Cost is \$5 per week. Call Ext. 7932.

Commanders’ scramble

Each commander may invite up to three other couples from his or her squadron for this tournament at 4 p.m. Wednesday. Entry is \$5 plus greens fees. Call Ext. 7932.

Thursday golf scramble

The first event of this weekly nine-hole scramble is at 4:45 p.m. Thursday. Players must be registered by 4 p.m. at the golf course. Entry is \$5 plus greens fees. Call Ext. 7932.

Masters pick golf tourney

Whispering Pines Golf Course hosts this stroke-play event with handicap tournament April 10 and April 11. Players must select a Professional Golf Association tour player by 9 a.m. April 10. Entry is \$10 per player plus greens fees. The winner is determined by the net score and the pro’s score for 36 holes. Call Ext. 7932.

Easter fun run

The fitness center offers this event at 11 a.m. April 16. Call Ext. 2772.

Cosmic no-tap bowling

This family fun event is from 7 to 10 p.m. April 16. Players must register by 6:45 p.m. Cost is \$10 per person. Call Ext. 2426.

Sunday golf scramble

Whispering Pines Golf Course offers a scramble at 1 p.m. every Sunday. Players must register by 12:30 p.m. Entry is \$5 plus greens fees. Call Ext. 7932.

Honorary commanders’ tournament

A three-person team honorary commander tournament is at 12:30 p.m. April 17. Entry is \$25 per player but does not include carts. Register by April 15 at the golf course. Call Ext. 7932.

BLAZE sports day

A base-wide sports day event is at 12:30 p.m. April 21 at Freedom Park. Some events include a 10K bike race, 5K combat run, stretcher carry relay and fire truck pull. To sign up, contact a unit sports representative. Call Ext. 3134 or Ext. 2316.

Summer bowling leagues

A sanctioned summer bowling league begins May 17 and ends Aug. 21. Cost is \$10 per night. Call Ext. 2426.

Family bowling

The bowling center offers family bowling all day Sundays and Wednesdays. Cost is \$1.50 per game with free shoe rental. Call Ext. 2426.